

Cairnsmore Community Newsletter

January/February 2009

NEWSLETTER COMMITTEE

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The Cairnsmore Newsletter is published bimonthly. If you would like to contribute an article about the Cairnsmore Community please contact **Veronica Scott** at **250-733-2441** or **verscott@telus.net**

GROWING TOGETHER GROWING IN POSITIVE WAYS

Growing Together Child and Parent Society has twenty children with four new families this year, says Director Kathy Williams.

The Society also raised \$168 for the homeless shelter from the sale of items from the Christmas Store. "We offered new and nearly new items for our families to purchase gifts for Christmas in return for a cash donation," said Kathy. This was the third year the society has operated the unique store - "And we're very pleased with the enthusiasm of our families in making their generous donations."



Kathy Williams, Growing Together

Kathy says that plans are underway to offer a 'Nobody's Perfect Parenting Group.' The program will be offered to six couples on Tuesday afternoons from 12:20 p.m. to 2:30 p.m.

SAFETY TIPS: IS YOUR HOME SECURE FROM THEFT?

In response from concerned citizens, Cowichan Community Policing Programs and Block Watch are pleased to announce the revitalized Home Security Check program. Duncan and North Cowichan residents can take advantage of a free home security inspection to help protect their homes from break and enters and provide general safety tips.

Trained volunteer program staff and the RCMP Auxiliary Constables have been trained by the RCMP. They will walk with you through your property, checking lighting, windows and doors and other areas in and outside your home.

They will also provide you with tips and suggestions on how to make your home safer and more secure. At the end of the visit you will receive a completed home security checklist.

For more information, or to request a Home Security Check, please call Community Policing at 250-701-9145.

Carol-Ann Rolls
Manager, Community Policing & Crime Prevention Programs

STUDENTS CAN'T WAIT TO GET BACK!

For many Cowichan Valley Open Learning Centre (CVOLC) students the holidays were too long, reports Principal Larry Mattin. Here are some of the things they said:

*"Christmas break is too long, it should only be one week."
"I couldn't wait to come back. I was ready last week."*

Larry says that attendance is great. One student has graduated already with several others following close behind.

In other school news, the Leadership Group is working with Khowhemun students on Thursdays. Students from Open Learning Centres and Alternate Programs are swimming together at the new Aquatic Centre. And finally, CVOLC has created an Angel Fund to help support homeless youth.



INTERNET CAFE AT ST. ANDREW'S PRESBYTERIAN CHURCH

Have you ever wished you could stop for a cup of coffee when out for a walk in the neighbourhood? St. Andrew's Church has started up an Internet Cafe called Jacob's Well.

We have two computers available with free internet access and Wifi if you have your own lap top. We serve freshly ground fair trade coffee. Coffee is \$1 a cup. You can also get coffee cards with 20 coffees for \$10. The hours are Monday to Friday from 10:30 a.m. to noon and from 2 p.m. to 4 p.m.

Concerned about food security? Like to know more? If so, then you won't want to miss the film 'Island On The Edge' by local film producer Nick Versteeg.

Sponsored by Cowichan Green Community, the film will be shown for the first time together with a community discussion about food security.

When: January 24th 12 to 4 p.m.

Where: Christian Reformed Church, 930 Trunk Road

Admission is by donation - all proceeds toward food security in the Valley. View the film, meet local food producers and engage in a community discussion about food security in the Cowichan Valley. Please come out!

Newsletter sponsored by:

Safer Futures: www.saferfutures.org

Vancouver Foundation: www.vancouverfoundation.bc.ca

The Government of Canada's National Crime Prevention Centre is a partner in this initiative.





WHAT IS SAFER FUTURES?

Safer Futures is a program of Cowichan Women Against Violence Society (a non-profit organization) that works with people in the Cowichan Valley to create neighbourhoods that are safe, healthy, and offer equal opportunities for a good life. A safe and healthy community is one that works to connect people, community organizations, business, and local government to narrow the gaps between advantage and disadvantage, and to ensure healthier, stronger, and more cohesive communities.

LOTS HAPPENING AT SERENITY CHILD AND PARENT SOCIETY

The society is raising funds to build a house for new moms and their babies. As well as a place to stay, the house will provide services and support to help these moms manage and plan for the future.

Silent Auction: \$7,000 was raised with more than 122 items donated from the community. "It was very encouraging and heart warming to know that we have such a giving and caring community," said organizer Lorna McPherson. The society also received another \$1500 to \$2000 from the BC150 Volunteer Incentive Program Grant.

School Board Property next to Growing Together: School District 79 will provide the society with a letter of intent supporting a 10-year lease for a part of the land.

Bookkeeper required on 'as needed basis.' Must have charitable status. Call 250-746-6446.



GALA VISTA COMMUNITY SUITE JUST ABOUT READY

Geraldine Poirier, Manager of the Gala Vista apartments says that the complex will soon have a community meeting room. One of the suites is being renovated to provide support services such as counseling and mental health for the tenants. "We're about 75% of the way there," she said. The suite will also be a place for movies, games and get togethers. New fences are also going up around the buildings as part of an overall renovation project.

DIVORCECARE AND DIVORCECARE FOR KIDS

DivorceCare and DivorceCare for Kids (DC4K) will begin January 14th, 6:30-8:30 at St. Andrew's Presbyterian Church. If you or your children are struggling with the pain of separation or divorce, then these sessions can help. The course is open for 13 weeks and people can join in even though the session has started.

Topics discussed include: What's happening in my family?, facing my anger, journey from anger to sadness, developing money smarts, it's not my fault, and many others. We use DVD stories, music and play in the children's program. The adults watch a DVD and have time for discussion. This Christian based series has been helpful to many. Check out the websites DivorceCare.org and DC4K.org.

For more information please contact the church 250-746-7413.

ECO STORE OPENS

Patti Delisle, a long time resident and volunteer of Cairnsmore recently started a home-based business called the Eco Store. "It is environmental retail and we have several items of interest," she says. You can find the Eco Store at 460 Pine Avenue or online at www.theecostore.ca.

Patti also reminds us that one acre of hemp is equal to four acres of trees.

HARD AT WORK!



Cairnsmore Neighbourhood Working Group hard at work at the December meeting.



INTERCULTURAL SOCIETY OPEN HOUSE

Cowichan Intercultural Society is adding a new twist to their annual Open House. They are calling it Open Mike – 'Diversity' People will have an opportunity to connect and communicate through personal reflections, poetry, stories and songs.

Call the Intercultural Society at 250-748-3112 for more information.

When: January 25, 2009 2-4 p.m.
Where: 5856 Clements Street
Cost: By donation, if you can

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